

Mark your Calendars

Kent County Health Department 2014-2015 Community Cooking Demonstrations

The cooking demonstrations focus on using nutrient-rich foods that help improve health and prevent chronic diseases. Participants will learn helpful tips and tricks to create healthy and delicious dishes. They will also have the opportunity to observe the creation of 2-3 recipes, as well as taste the featured dishes.

Thursday, October 2, 2014

Get Creative with Root Vegetables: Introduce new flavors to your cold weather dishes! Use hardy root vegetables like parsnips, turnips, beets, carrots and potatoes in fun, new ways.

Thursday, November 13, 2014

Healthy Thanksgiving Side Dishes: Learn how to round out your Thanksgiving meal and reduce some of the butter, cream and salt by adding vitamin packed dishes that include fresh herbs, hearty vegetables, fruit and whole grains.

Thursday, January 22, 2015

Get Creative with Beans: Enjoy these nutrition powerhouses at breakfast, lunch and dinner! Discover different types of beans and how to incorporate this inexpensive and nutritious food in your meals. This class will change how you see beans forever!

Thursday, March 5, 2015

Soups On! 101: There's nothing better than a steaming bowl of soup to warm you up on a chilly day. Come learn how easy it is to make homemade soups and stocks that will warm your soul.

Limited seating available. SIGN UP TODAY!

Classes only \$10.00 per person per class!

To sign up and reserve your spot, please call 616-632-7290 or email:

Julie.Brooks@kentcountymi.gov

Classes held at Kent County Health Department, 700 Fuller Ave., Grand Rapids 49503
Garden level Community Rooms 5:30-7:00p.m.



Let's Get Cooking!

If you are interested in a complete list of cooking classes available and/or would like to host a cooking class at your worksite, church, school or community group please contact: Dawn Davies at 616-632-7296 or email Dawn.Davies@kentcountymi.gov



**HEALTH
DEPARTMENT**
Caring today for a healthy tomorrow